

form of expression that also belongs to the Hottentots, as they have their own designation for it: //hā-ru.

20/
152

• Two women reached the opposite end of the scale of emotion and one of them sought me out to bandage her. In a fight her opponent had bitten her across the nose, in the neck and on the thumb.

578
152

D. Nourishment

Let us now leave the Hottentot's body and observe what kind of care it receives in health and in sickness. A race that restricts itself to gathering the plants necessary to existence that grow wild in nature without having been led by the meagreness of this means of subsistence to attempt agriculture, is certainly at a low cultural level. Even where water lies right under the surface in river beds and may be reached by digging, and where fertile flood-lands with dried silt left by the river make gardening possible, as has been done by white men, the Hottentot has not been able to force himself to work systematically. Here and there they enclose a little piece of land with brush, call it !hāna-b and plant in these "gardens" calabash gourds, sha-s, which they hollow out for butter jars, or they plant gourd fruit, !gxi-tsa/mab, an edible fruit, which is green with white spots and the size of a child's head, but they are quickly bored by such activity. At any rate it is only thanks to the constant influence of the missionaries if the Hottentot persists with his garden at all.

23/
[222]

[342]

[418]

[77]

From home training he knows only three activities that provide his food: gathering, hunting, and cattle raising. Later we will see how he has more or less perfected the two latter activities. Right now we will consider how he transforms the raw products, which we may assume as given, into food.

I. Animal Food

Animal food is supplied by the sea to the coastal Hottentots. Seal meat (cf. p. 41 H.) [185] provides a highly-prized meat, especially when it is young. The fat is not valued as highly, but it is still eaten. At the time of the seal hunt the coastal dwellers will go anywhere to get the offal. They even go out seal hunting

225●
[242]

alone but only if they do not have to leave the mainland, but can get the 225
individual animals that occasionally wander on the main beach.

They also hunt penguins, take the eggs from the nests, kill young, 222
inexperienced Cormorants with a kiri or fish with a hook brought from 227
the whites. In general, however, the Hottentots, that today live along 229
the coast, have become so completely accustomed to European food
in the service of the whites, that they no longer know how to acquire 227
food in the way their grandfathers did. Eighty years (8) ago they 242

6, Benjamin Morrell jun., A Narrative of Four Voyages 226
etc., from the Year 1822 to 1831, New York, 1841. 227

still fished in Whalefish Bay with wooden spears four-and-a-half meters
long, which were cut from a heavy hard wood, caught heavy fish,
weighing seven to ten pounds, with them at a distance of 25 meters and 227
pickled them with salt which they obtained from salt springs near the
bay.

With bow and arrow they killed quantities of seabirds, especially 223
in the nesting season, buried them in the sand to get rid of their fishy 227
taste until they turned green, then cleaned out their insides, skinned
them and left them lying twice twenty-four hours in the sun; the
rotten meat, so prepared, is supposed to have kept for many months.

A favorite food of the Hottentots, mentioned by Morrell, was warm, 221
raw lamettes of freshly slaughtered cattle.

Dolphins, which come right up to the beach in Whalefish Bay, 226
may have been captured. The customs which were formerly observed 222
in the preparation of dolphins are still well remembered. They took
off all their clothes and naked cut up the dolphin. Touching the ani-
mal with the body except with the mouth was considered harmful.
During the work they avoided touching themselves with their hands
and used a little piece of wood for scratching. The flesh of the ani-
mal was cooked in sea water, rinsed in cold sea water and squeezed
out. Before they put on their clothes again, they cleaned their bodies
of any bits of the animal that might be clinging to them.

Among the lesser sea animals, certain mussels and shells have 226
always formed one of the chief foods of the coastal dwellers from the
Cape of Good [188] Hope up to Cape Cross. Great heaps of periwinkle 227
shells mixed with bits of pottery and the remains of earth oysters
lie half buried in the sand dunes near Port Mulderk. Concerning the
mollusks used for food, turn to page 22.

Birds other than those hunted (cf. Hunt) are sometimes caught and eaten by children. On the other hand the adults sometimes do not despise turtles and lizards. The turtle, Testudo (in Little Namaland; /tu-/rob), is killed with a stone and roasted in an open fire in its shell. Meat and eggs are enjoyed without anything added to them. If the woman wants to use the shell as a beehive box, the soft parts are scooped out, the intestines removed and the rest roasted. [Picture: Zonurus polynorum Smith. actual size]

Several kinds of lizards, such as the one pictured here, called *//uru-s, are roasted in the hot ashes and eaten primarily by the young Hottentots. [189] The fat of the //uru-s and of a new Mabius species which is taken from the body of a freshly killed animal, is wrapped in grass by the children and sucked like candy.

The insect world also provides the Hottentots with several welcome dainties. The most modest one consists of a kind of beetle called *//ru/ma. These beetles are eaten only by the children, skinned or raw, after the head, legs and wings are pulled off. [Picture: larva] of Acanthophorus capensis White, on the left hiding in a passage made by itself, about 4/5 natural size). The starvelings "Bushmen" who roam around in Great Namaland eat a large black beetle, Acanthophorus capensis White, called *//nauri-b, prepared in the same economic way. The finger-sized larva of this beetle, the thurston worm, *//xixi-ku-4-nia, bores into the heart wood of the Acacia horrida Willd deep long tunnels, which it fills with its excrement. The digested wood mass, often drenched with the fluid resin of the tree, overflows out of the bore-holes and solidifies to a dark-brown crisp mass which looks as though it had a sugar coating. It is eagerly collected and eaten by the Hottentots, both young and old. [Picture: Acanthophorus capensis White. About 4/5 natural size.]

[190] The larva themselves are also a delicacy. In order to reach them, they burn the thorn tree when it is maximal or dead. With sharp sticks they pull out of the glowing wood larvae that have cooked in their own fat. Or they wait until the larva sticks its rear out of the bored hole for plating excrement and spear it with a thorn.

Finding a home of edible termites demands sharper eyes than finding the thorn worms. One must find the place to dig down into the underground dwelling of Nodotermes vicar (Laur.). The dung of the animals gives the first indication, tiny balls that lie in heaps ranging in size from very tiny ones to those as large as mice hills. In the area of these dung heaps can be found the mouth of the underground [Laur p. 14(A)-An.] 2 [Laur p. 14(B)-An.]

8: Dapper Q-4 (no date) 1933

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Cape Hottentot

HAFFRARI ON LAND OF THE HOTTENTOTS

87

raw, and seldom cooked, with entrails and guts as well, first however, pressing out the entrainment backwards or squeezing it out with the teeth.

When they find no dead animals, they look along the shore for dead fish, and for *Impati*, periwinkles and oysters. They also delight in the flesh of sea-dogs or seals, which they kill at night with sticks when these beasts come by thousands to the beach and hoot like calves. The quest they consume raw, or roasted in the fire half done and unwashed. They are likewise no strangers to the blubber of whales and other sea monsters which are now and then washed up on shore. It has happened that they scooped out by handfats, and gulped down like that, the sun-dried blubber of a whale stranded in the Salt River, also cutting out pieces which they buried under the sand to eat later⁽¹⁾. At times they tear pieces with their teeth out of their hard sheepskin or sealskin cloaks, and eat these only slightly roasted on coals. The Bushrangers, or Hottentots living along the shore of the Cape, come to the ships of the Dutch, and betake themselves at once to the kitchen, where, if they can, they remove whole handfats of the fat floating on top of the meat kettle, and toss it into their mouths without bread. They are very fond of our bread, for which they willingly exchange cattle. The *Saldanahs* or *Korhognes* and other neighbouring Hottentots live in the dry summer time on their cattle, but in the winter on certain roots growing in the ground during the rainy season. The honey which collects on the bushes they eat with wax and all. Their diet people they usually feed on cabbage, mallow and mustard leaves, cooked with a little stamped blubber.

They drink water or the milk of their cattle, but also suck very greedily after brandy and Spanish wine, as well as tobacco; although they become cold and drunk from only a little, when they create a tremendous tumult of shouting and bawling.

Industry.

They trouble themselves with hardly any handicrafts or industries, other than preparing rafts from which to make mats for covering their huts, and herding their cattle and sheep. By watching our countrymen, however, they have learned to forge for themselves the points of their darts and assegais from bits of old iron, which they find thrown away by us here and there⁽²⁾. They use nothing more than one stone as an anvil, and another as a hammer, and make the iron malleable with charcoal.

⁽¹⁾ The method is referred to in van Riebeeck's *Report*, March 1-4, 1662.